

# ♥ LOVE FOOD

## Taste Trails

Barnard Castle to Middleton-in-Teesdale



This guide has been compiled by the Love Food Project, which supports the production, promotion, use and appreciation of locally grown or reared food in Teesdale, Weardale, The Allen Valleys and Derwentside.

## LOVE FOOD

### On the Taste Trail

Whether you're hiking, biking or riding, this guide will help you find the best in fresh, wholesome local food along the way.

The Love Food project has worked with its partners to identify some great trails, whether you're on a horse, a bike or on foot.

And so you don't grow weak on the way, we have also pinpointed some great places to have a hearty local lunch, a comforting cup of coffee or just a snack to keep you going.

Love Food cares about the quality and traceability of food throughout the North Pennine Dales - we think you do too.

Area covered by the Love Food Taste Trail  
Guide: Barnard Castle to Middleton-in-Teesdale



St Romald's Church, Romal Kirk (Simon Wilson/NPAP)

**Terrain** - The route follows the railway path, bridleways and tracks, the railway path is well maintained and is managed by Durham County Council countryside section (tel: 0191 372 9100) [www.durham.gov.uk/countryside](http://www.durham.gov.uk/countryside). The route is mainly flat with a few sharp climbs and descents. Please be sure to leave gates as you find them, keep dogs under close control and follow the Countryside Code.

**Public Transport** - There is a regular bus service between Barnard Castle and Middleton-in-Teesdale.

For timetable information call Traveline on 0871 200 2233 or log on to [www.traveline.info](http://www.traveline.info).

**Useful Maps**  
1:25,000 OL31 North Pennines



Swaledale Sheep, a characteristic breed found in Teesdale (Barry Stacey/Natural England)

**Route Introduction** This route takes you along the old railway line that serviced the stone quarrying industry in the dales. The route starts close to Barnard Castle, although you can pick up the route at a number of points along the way to take the route in shorter sections. This guide has been written as a linear route but if you choose to walk it is possible to make shorter circular walks connecting up with other footpaths including the Teesdale Way.

The majority of the path is along the old railway line. The section of the railway line from Barnard Castle to Middleton-in-Teesdale was built by the Tees Valley Railway company during 1868 with stops at Cotherstone, Mickleton and Romal Kirk. There are two major engineering features on the line the Lunedale and Baldersdale Viaducts, you will pass over both these on this route. The decline of this section of railway started in the late 1950s and the line was earmarked for closure as part of the Beeching cuts with the last train running in April 1965.



The River Tees (Simon Wilson/NPAP)

**Food, Farming and the Environment** - Farming plays a major role in the landscape character of Teesdale from Barnard Castle to Middleton. As you follow the route of the old railway line, the land around you is dominated by sheep farms, with some beef herds. The Northern sheep breeds such as Swaledale are the breeding stock for much of the lamb produced in the UK. Traditionally the ewes of the hill breeds are crossed with rams from breeds such as the Bluefaced Leicester to produce a 'mule' ewe (cross breed) that has the best mix of qualities to produce much of the lamb we eat through further breeding with a ram from a breed such as Texel.

The Sheep farming industry has its own vocabulary, with terms such as Gimmer Ewe (a female sheep that has not yet had offspring), Tup (a breeding male ram) and Shearling (a lamb up to its first shearing). The Farming industry is a cornerstone of communities in areas like Teesdale and plays a large part in shaping the landscape and economy of the North Pennines as a whole. Farming is a big part of the celebrations in the dales, with a number of agricultural shows throughout the summer.

Much of the farming in Teesdale is carried out in balance with the environment, through government stewardship schemes, working with conservation organisations and generations of custody and good husbandry of the land. Much of the higher ground in Teesdale is designated an Area of Outstanding Natural Beauty (AONB) and Site of Special Scientific Interest in recognition of its high landscape value and diverse wildlife.



Beer and Nibbles in The Crown at Mickleton (©Eva Zandman)

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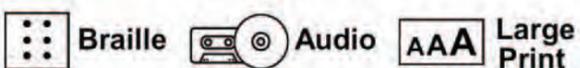
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Please ask us if you would like this document summarised in another format.

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This leaflet was produced by the North Pennines AONB Partnership on behalf of the Love Food Project. Printed on 100% recycled paper: please re-use and recycle.

Food Highlights

MIDDLETON-IN-TEESDALE CAFÉS

- The Conduit Café, Bridge Street (01833 640717)
- Café 1618, Market Place (01833 640300)
- Café Caramel, Market Place (01833 640924)
- The Dining Room, Bridge Street (01833 640283)
- Rumours Coffee Shop, Chapel Row (07779 722491)

MIDDLETON-IN-TEESDALE PUBS

- The Forrester's Arms, Market Place (01833 641435)
- The Teesdale Hotel, Market Place (01833 640264)
- The Bridge Inn, Bridge Street (01833 640283)

COTHERSTONE PUBS

- The Fox and Hounds, West Green (01833 650241)

ROMALDKIRK PUBS

- The Rose & Crown (01833 650213)

MICKLETON PUBS

- The Crown (01833 640381)



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Section 1: Barnard Castle to Romaldkirk

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Length: 6 miles (9.7 km)  
Grid Ref: NZ 04696 16583

- WALKING 2hrs
- CYCLING 1 hr 15 mins
- RIDING 1hr 30mins



Railway Path at Mickleton (Simon Wilson/NPAP)

Begin the route at Deepdale, parking can be found in the layby at the top of the bank on the B6277. Go through the gate and follow the route alongside the river Tees.

Follow the path along the left hand bank of the river. At the next gate follow the track and you climb up the hill sticking to the track that rises up on your left hand side.

At the top of the hill follow the bridleyway through the fields past Pecknell Farm and once you pass the Lartington Estate Farm buildings turn right and take the track underneath the railway line. Go through the next two fields and re-join the railway line by following the bridleyway markers pointing to your left and continue down into Cotherstone.

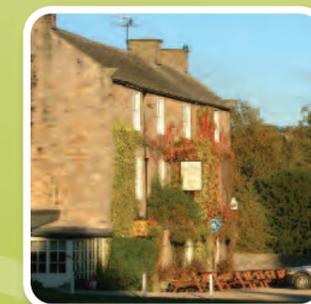
There is a steep descent at the end of the railway line to join the road at Cotherstone, horse riders will need to dismount. An alternative route can be taken by choosing the bridleyway straight ahead when re-joining the railway line, travel through the fields and then turn right to continue down the road towards Cotherstone.

At Cotherstone Village, then take the left hand turn signposted to Bowes. For a food stop, continue through the village to the second green and to the Fox and Hounds Pub. On the road up to Bowes continue out of the village until you reach the railway line crossing point, turn right onto the line. At this point the railway path becomes flat and wide, only interspersed with dips for crossings and gates. Follow the railway line across the river Balder (horse riders must dismount) and into Romaldkirk Village. The charming Rose and Crown pub in the village serves food.

Section 2: Romaldkirk to Middleton-in-Teesdale

Length: 4 miles (6.4 km)  
Grid Ref: NY 9945 2202

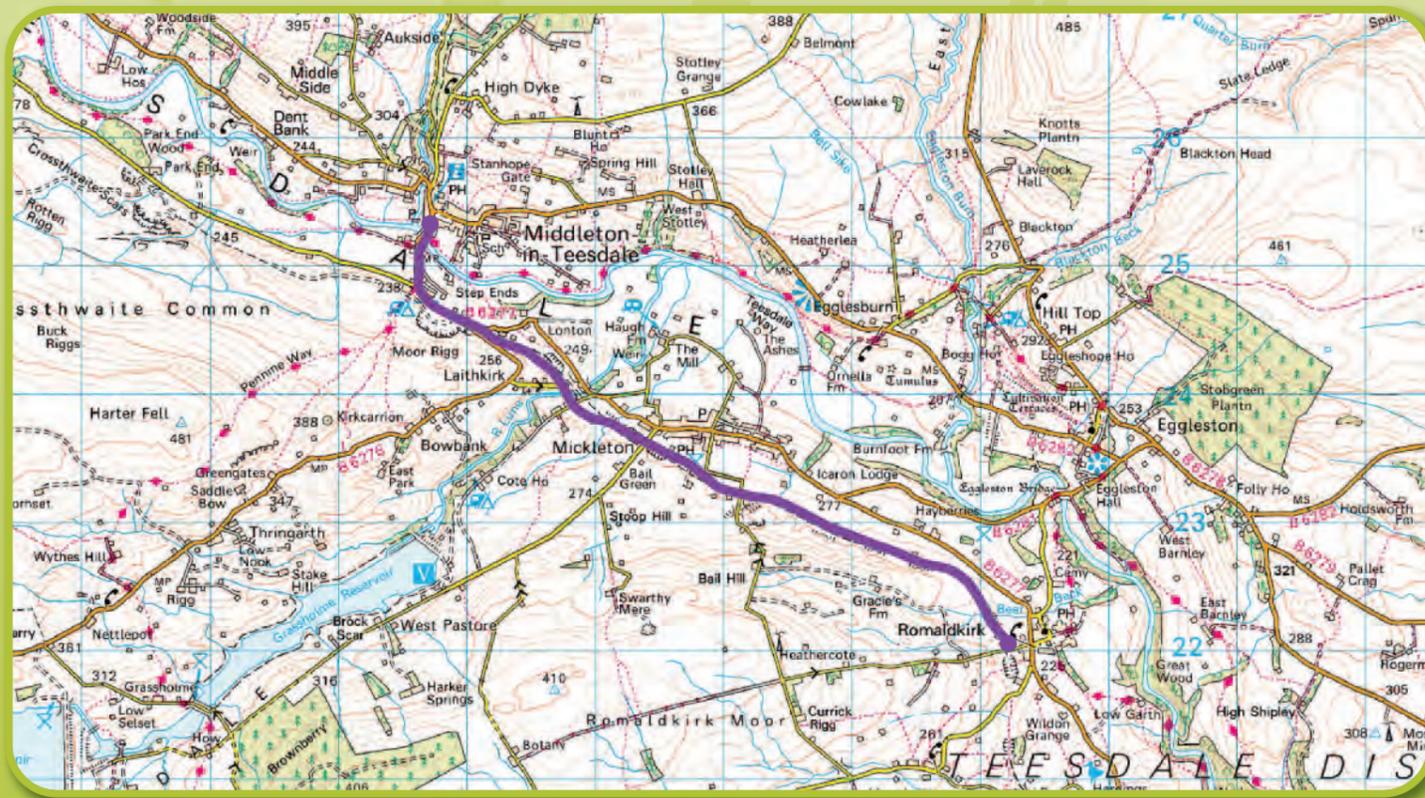
- WALKING 1hr 20mins
- CYCLING 20mins
- RIDING 1hr



The Rose and Crown at Romaldkirk (Simon Wilson/NPAP)

In Romaldkirk village take the first left at the village green and go up the road to re-join the railway path. There is a sharp climb and a very steep descent at this point. Follow the railway track to Mickleton, at this point you can take a track down to Mickleton village if you wish to divert to The Crown at Mickleton for a welcome pit stop.

Continue past Mickleton and cross the impressive viaduct over the river Lune and then continue to the end of the railway line. Turn left and go along the road (take care) to Middleton-in-Teesdale. There are a wealth of cafés and pubs in Middleton to enjoy a hearty meal or tea and cake at the end of the route. There is a regular bus service that runs to Barnard Castle to return to the starting point. For those who have chosen to walk the route, the more energetic could return to Barnard Castle along the route of the Teesdale Way and be rewarded with lovely river views.



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Section 2: Romaldkirk to Middleton-in-Teesdale